
Dr. Ruby's Raw Veggie Max Pizza

By Ruby Lathon, PhD



Serves 1 to 2.

Crust Ingredients:

- 1 cup raw almonds (soaked 2-24 hours, drained)
- 1/2 cup fresh basil
- ½ teaspoon sea salt
- 1 clove garlic

Cashew Cheese Ingredients:

- 1 cup raw cashews, soaked for 2 - 24 hours, drained
- Juice of 1 lemon
- 2 tablespoons nutritional yeast
- 1 tablespoon olive oil
- ½ -1 teaspoon sea salt
- 3 cloves garlic
- 1 tablepoon wheat free tamari or liquid aminos
- 3 tablespoons to ¼ cup purified water

Toppings:

- ¾ cup cherry tomatoes, diced (or gently pulsed in food processor)
- ½ cup sundried tomatoes (packed in olive oil), chopped
- ½ cup yellow or orange bell peppers, diced
- 3/4 cup mushrooms, sliced and marinated in 1.5 teaspoons tamari and 1 teaspoon balsamic vinegar
- ½ red onion, thinly sliced
- ½ cup fresh parsley, chopped
- 1 tablespoon oregano
- ½ teaspoon black salt (or sea salt)
- 1 teaspoon fresh lemon juice
- Dash of cracked pepper (at end, sprinkle on top)

Crust Directions:

1. Add all ingredients to a food processor and pulse until nuts are very finely chopped and able to be molded into a dish.
2. Scoop into the serving dish (i.e., large plate, pie dish, individual ramekins, etc.).
3. Press into serving dish to make a tight thin crust, closing all gaps.

Cashew Cheese Directions:

1. Blend all ingredients together in a high speed blender until smooth. Add enough water to mixture to keep blender moving.
2. Mixture should be thick and slightly pourable. Scoop out with a spatula and spread a thick layer gently onto nut crust.
3. Use immediately or refrigerate for later use—cheese will thicken after chilled for 3 or more hours.

Toppings Directions:

1. Chop mushrooms; place in separate bowl and add tamari and balsamic vinegar, mix well and set aside.
2. Add cherry tomatoes and sundried tomatoes to a food processor and pulse until coarsely chopped. Set aside.
3. Chop all other veggies/herbs and add lemon juice and sea salt. Mix together until everything is well mixed. Add mushrooms and tomatoes sauce to veggies and mix well.
4. Set aside until ready to place on pizza.

Putting it all together:

1. Scoop or pour cheese sauce gently onto nut crust and spread a thick even layer.
2. Add chopped vegetable toppings on top of cheese, evenly to cover. Some cheese should be visible around the edges.
3. Spoon a few small dollops of cashew cheese on top and top with cracked pepper.
4. Serve immediately. Serves 2. Serving Suggestion: Serve at room temperature with a mixed green salad.